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WHAT IS CLAIMED IS:

1. An air bag in a folded state housed in an instrumental panel, the air bag inflated by an inflator when a vehicle is crashed, the air bag comprising:

an opening portion into which a gas generated by the inflator as flown;

a gas flow path portion; and flower flows an occupant restraint portion, the gas is flown from the opening portion to the occupant restraint portion, from wherein at least one of penetrating portions is for how located within the air bag.

- 2. The air bag according to claim 1, wherein the penetrating portions divides a gas flow path portion into two or more for flowing the gas from the opening portion to the occupant restraint portion through the gas flow path potion.
- 3. An air bag in a folded state housed in an instrumental panel, the air bag inflated by an inflator when a vehicle is crashed, the air bag comprising:

an opening portion into which a gas generated by the inflator (is) flowh;

a gas flow bath portion; and wherein an occupant restraint portion, the gas fis flow of from

the opening portion to the occupant restraint portion. Now path fortion wherein at least one of joint portion is located within the arr bag.

Joint portion divides a gas flow path portion into two or more flowing the gas from the opening portion to the occupant restraint portion through the gas flow path portion.

5. The air bag according to claim 3, wherein the joint portion is formed by partially sewing the gas flow path portion.

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